



A Case study on Effect of Nirgundi Guggul in Janusandhigat Vaat

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ABSTRACT

Sandhigat vaat is a *vaatvyadhi* which mainly affects the weight bearing joints especially *janu sandhi* (knee joint). It is an articular disorder of the musculoskeletal system which is insidious in onset and gradual in progression caused due to *dhatushay* (Age related) and *vaat prakopak nidan* which includes faulty life style and improper eating habits. Pain is the major symptom of the diseases which limits and hampers the day to day routine of the patient. The present management includes use of NSAIDS, Steroids and Surgery is the final resort. All these have immense side effects. Ayurveda is an ancient science which offers safer alternative and improves the quality of life, so its demand is increasing considerably. *Janu sandigat vaat* is described under *vaat vyadi* in various Ayurvedic texts including *charak samhita*, *Ashtanghriday* etc. which describes the causes, pathogenesis, symptoms (pain, stiffness, etc) and treatment of the diseases (*Snehan swedan, vatis, gugal*

etc.). *Nirgundi guggul* is mentioned for treatment of *vaat vyadhi* in *rasendrasaarsangrath*. As its contents are limited and it has no *sandigdha* (dubious) *dravya* thus the present case study was carried out to observe the effect of *nirgundi guggul* in *janu sandhigat vaat*

INTRODUCTION

(500mg each) twice a day after Ayurveda is well-known science of Indian tradition of medicine which does not need any introduction. The word Ayurveda is derived from Sanskrit word *AYU* which translates to life and *VEDA* means knowledge.^[1]

In today's Ayurvedic practice, the occurrence of Non Communicable Diseases(NCD's) also known as chronic diseases or diseases of longer duration with slow progression, such as *sandhigat vaat* (musculoskeletal diseases-osteoarthritis), *aamvaat* (rheumatoid arthritis), *madhumeh* (diabetes), *sthaulya*(obesity) has increased

considerably due to globalization of unhealthy lifestyle, physical inactivity, unhealthy diet and are reasons of threat to mankind.^[2]

Nirgundi guggul 2 tablets meal with luke warm water for 8 weeks and weekly observation were made.

Treatment given

Contents of Nirgundi Guggul^[6]

Drug name	Latin name	Rasa	virya	Vipak	guna	Part used
<i>Nirgundi</i> ^{[5][7]}	<i>Vitex nirgundo</i>	<i>Katu, tikta, kashay</i>	<i>ushana</i>	<i>katu</i>	<i>Laghu, ruksha</i>	<i>Mool</i>
<i>Mahishaksh guggul</i> ^[5]	<i>Commiphora mukul</i>	<i>Katu, tikta</i>	<i>ushana</i>	<i>katu</i>	<i>Ruksha, Laghu</i>	<i>Niryas</i>
<i>Ghruta</i> ^[1]	Cow ghee	<i>madhur</i>	<i>sheet</i>	<i>Madhur</i>	<i>Mridu, saumya, snigdh</i>	-



CRITERIA OF ASSESSMENT

1. Subjective Criteria

Score	<i>Sandhishool</i> (Pain in joints) ^[8]	<i>Prasasaranakunchan vedana</i> (Pain on extension & flexion) ^[8]	<i>Sandhi stambh</i> (Stiffness in Joints) ^[8]	<i>Sparshaasahatva</i> (Tenderness) ^[8]	<i>Sandhishotha</i> (Swelling) ^[8]
0	No pain	No pain	No stiffness.	No tenderness	No swelling
1	Mild pain but no difficulty in walking	Pain without winching of face	Stiffness for few minutes relieved by mild movements.	Patient say tenderness	Mild swelling
2	Moderate pain with slight difficulty in walking	Pain with winching of face	Stiffness lasting for 1 to 2 hours but, routine works are	Winching of face with patient withdraw the affected part	Moderate swelling

			not disturbed.		
3	Severe pain which prevent walking	Prevent complete flexion	Stiffness lasting for more than 2 hours mildly affecting the daily routine.	Don't allow to touch the affected part	Severe swelling
4	-	Episodes of stiffness lasting for 2-6 hours. Daily routines are hampered.	-	-	-

2. Objective Criteria

- VAS SCALE (visual analogue scale)
- Walking DISTANCE
- XrayB/l knee joint.

RESULT



Subjective criteria	Before treatment	After treatment
<i>Sandhishool</i>	Present (+++)	Reduced(+)
<i>Vedana during aakunchan and prasarana</i>	Present (++++)	Absent
<i>Sandhi stambh</i>	Present (++)	Absent
<i>Sandhi soth</i>	Present (+)	Absent
<i>Sparshaasahatva</i>	Present (++)	Absent

Objective criteria	Before treatment	After treatment
Vas scale	8	2
Walking distance	50 meters	300 meters
Xray of knee joint	Seen of oa	No significant change seen

DISCUSSION

Sandhigat vaat is a leading disorder in the current era due to the sedentary life style,

improper eating habits and modernization of society. Though it is not life threatening condition but due to its gradual progression and inability of the affected person to

perform his day to day activities thereby making him/her dependent on others hence its early detection and treatment is necessary. It can affect all the joints but it mainly effects the weight bearing joints (knee shoulder and hip joint). Among these janu sandhigat vaat is the most common.^[3] Its treatment includes *sodhan chikitsa* (*snehan, swedan, virechan* etc.) and *shaman chikitsa* (*vatis, guggul, churna, kwath* etc.).

It is caused due to vitiated *vaat dosha* in *sandhi*. *Acharya charak* has mentioned *sandhigat vaat* under *vaat vyadhi* as *sandhigat anila*. He describes *dhatushay* and *margavrodh* to be the major cause of *vaat prakop*. As described by *Acharya Charak*, whenever there is *rikt* space in the body it is always occupied by *vaat dosha* which produces various *vaat vyadhis*. In *Janu sandhigat vaat* as there is degeneration in the structures it produces *rikt* spaces causes accumulation of *vaat* thereby causing *janu sandhigat vaat* and producing symptoms such as *vaatapurna druthisparsh, soth, shool, prasasaranakunchan vedana*.^{[9][10]}

Nirgundi guggul in the study contains

***Nirgundi* :**

Nirgundi which is *tikta ras pradhan.tikta rasa* has *deepan pachan* and *rochan* properties^[11].

Thus, it promotes health of joints. *Tikta rasa* is defined as beneficiary for *asthi dhatu*^[12] which is mainly affected in *santhigat vaat*, also *tikta rasa* has *lekan* properties and *jwaragh* properties^[11] so it can help in reducing weight of patient thereby reducing

pressure on joints .the *ushan virya* of *nirgundi* helps to reduce the *vaat dosha* .

***Guggul* :** *Guggul* is *vaat shamak* , *puran guggul* acts as *rasayan* so helps in rejuvenation of joints also the pharmacological aspects of *guggul* reveals that it has anti-inflammatory in action^[14]

***Ghritha* :** *Ghritha* is *snighdha madhur*^[11] so it helps in reduction of *vaat dosha* and provides nourishment to the *asthi* . *Ghritha* contain vitamin D which helps in utilizing the calcium and phosphorus in blood thus promoting strengthening of the bones.

Due to above properties of *Nirgundi guggul* it leads to *samprapti bhangh* of the diseases and thus has role in the management of *janu sandhigat vaat*.

CONCLUSION

From this case study we can conclude that in *janu sandhigat vaat*, the vitiated *vaat dosha* causes pain, swelling and stiffness in the *janu sandhi*. *Nirgundi guggul* in the case study reveals to be effective on *vaat dosha* and it is beneficiary in the management of *janu sandhigat vaat*. Further study on its role in management in various grades (mild moderate and severe) of *janu sandhigat vaat* can be done.

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